
KINGSWOOD CONNECT

Quarterly Newsletter for our community



NEWS & FEATURES

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KINGSMEADOW @ MADEFOREVER COMMUNITY HUB



FOR ALL YOUR COMMUNITY NEEDS

Kingsmeadow @ MadeForever is the hub of the community. We are a registered charity aimed at preventing isolation, reaching out to those already in isolation and enhancing wellbeing.

We work with individuals, families and young people facing multiple challenges. We provide a range of services and wellbeing activities for everyone in our community.

Make a Donation

Make a donation today to support people and families who need K@M4E during these challenging times. The knock-on effects of Covid-19, compounded with the economic downturn, and the ongoing huge rises in the cost of living, are responsible for a huge decline in the emotional wellbeing of many people in our community.

By making a donation you can help us bring people back from the brink.

We promise you that your donation will go directly towards crisis prevention, providing essential support packages, food parcels, free hot meals, clothing, and other emergency items, as well as health and wellbeing support to provide some stability in these difficult times.

Thank you for your support.

To donate even more **at no extra cost to you** simply check the box during the online process to qualify this donation as Gift Aid. You must have paid UK Income or Capital Gains Tax to the value of 28% of your gift.

Answer this online survey and give suggestions about the Kingmeadow @ MadeForever Wellbeing Activities and services.

<https://www.surveymonkey.co.uk/r/8JQXTV8>

For more information contact us on 0117 301 8739
Email: info@kingsmeadowmade4ever.org.uk

Venue: kingsmeadow @ MadeForever COMMUNITY HUB, SHOP, GARDEN & CAFE
Fisher Road, Kingswood, Bristol, BS15 4RQ

Facebook: kingsmeadowmade4ever - website: www.kingsmeadowmade4ever.org.uk

THE FRIENDS OF SISTON COMMONS

THANK YOU!

The Friends of Siston Commons would like to thank all of you who have helped to create the wildflower meadow on Siston Park Common. Thank you for keeping to the paths to allow the seeds and plants to grow. Thank you for clearing up after your dogs and for keeping the footballs off the new plants! Enjoy looking at the variety of new trees, wildflowers and grasses; the insects they will attract and the birds which will like the insects. This is a wonderful part of the Common Connections which is bringing nature back from the brink. You can work the same magic in your own garden if you are lucky enough to have one.



1ST October 2022, planting the wildflower plug plants was very difficult as the soil was so dry and hard. Thank you for persevering! See what you achieved!



25TH May 2023, the plants have grown and look beautiful.



It looked really strange and empty after it had been scarified and seeded.



Look at the lush result now!

HELP WITH TECH Cafe

TUESDAYS 11.00AM - 1.00PM

Are you frustrated
everything is online
these days?

Do you need help
using your phone,
tablet, laptop or with
technology?

You are welcome to our **FREE Drop in sessions**. We provide support with:

- Accessing the **NHS** online services
- connecting with friends & family on social media
- Joining online groups or support sessions
- Emailing
- Accessing bus & travel timetables
- Online shopping
- Job searching
and more...

Whether you have no experience or looking to update your skills, we can help.

Bring your own smartphone, laptop or tablet or use one of our laptops.

VENUE: kingsmeadow @ MadeForever - Community Hub,
Shop, Garden & Cafe
Fisher Road, Kingswood - Bristol BS15 4RQ

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Registered Charity No: 1148905

Support for South Gloucestershire residents

There is lots of support available to help Kingswood residents as the cost of living remains high.

As part of the council's ongoing support, free cool packs containing items to help people keep cool and well in warm temperatures will be available to collect from the beginning of June 2023.

Each cool pack is made up of an insulated picnic bag and contains a handheld fan, an insulated cooling bottle, 2 caps and ice packs. Specific bags for pensioners also include a cool gel pad to aid sleeping in hot temperatures and bags for families include ice lolly moulds and fun recipe cards to make with children as well as caps and water bottles for kids.

There is no eligibility criteria for a resident to collect a cool pack other than being a resident of South Gloucestershire. However, they are being provided to support those who may not be able to keep their homes at a comfortable temperature during the summer months due to high energy costs.

People can collect a pack from Kingswood Library, the One Stop Shop at the Civic Centre or the town's children's centre.

If you're looking for somewhere to take the kids over the half-term, many community welcome spaces will be open including Kingswood Community Fridge on Thursdays (12-7pm). They offer a friendly welcome and are free to use and some offer hot drinks, activities for children plus information on local financial support available, energy saving tips and government cost of living help. To find a community welcome space, click here: <https://beta.southglos.gov.uk/community-welcome-spaces>

Grimsbury Community Farm is also free to visit and provides a great family day out. It has parking, a café and a playground on site. For more information, visit <https://www.grimsburyfarm.org/>

In addition, Kingswood enjoys close access to the Bristol and Bath Railway Path, which runs for 13 miles and has many points of interest along the way.

Healthier with Nature

1 Orchard Gardening Club
Tues 10.30am-12.30pm

2 Trinity Garden
Thurs 11am-1pm

3 Kingswood Community Allotment
Weds 2-4.30 pm

4 Grow Forever Community Orchard
Mon-Thurs 10am-3pm

5 Nature Walk
Fourth Weds of every month 10.30am-12pm

6 Walking with friends
Thursdays 1-2pm

7 Walk & talk for carers
15th, 22nd, 29th Jun
6th, 13th & 20th Jul

8 Walking group
Mon & Weds 12pm
Thurs 11am

G.P.s

- a** Orchard Medical Centre
- b** Kingswood Health Centre
- c** Cadbury Heath Healthcare
- d** Hanham Health

4/5 Kingsmeadow Community Hub, Fisher Rd, BS15 4RQ
Contact: referrals@kingsmeadowmade4ever.org.uk
web: kingsmeadowmade4ever.org.uk

6 Kingsmeadow Community Hub, Fisher Rd, BS15 4RQ
Contact: Friends of Siston Common 07588 622372

7 Cadbury Heath Skate Park, Rogers Close, BS30 8DY
Contact: walk@carerssupportcentre.org.uk
tel: 07742 291073, web: carerssupportcentre.org.uk

8 56-60 Newton Rd, Cadbury Heath BS30 8EL
Contact: Hello@juicecic.com
tel: 01454 302302, web: juicecic.com



Dear Kingswood

The summer months are coming, and we all have to adapt to the challenges we face as a community. There have been some Rogue Trading incidents in the area. For example, unscrupulous suspects going door to door targeting the elderly. Offering of gardening work. Strimming hedges, and while there, pointing out so called loose roof tiles. One victim was taken to the bank in order to get paid quickly for a shoddy job.

If you notice an elderly or vulnerable neighbour with people providing works, be inquisitive. If they are genuine, they will not mind being spoken with. If you believe someone vulnerable is being taken advantage of, and the suspects are still there, please call 999.

In other news, we have executed a successful drug warrant last week. A number of cannabis plants were seized together with over a £1,000 in cash.

Kingswood Beat Team Engagement Events

Date	Event	Location
Sunday 1st July 2023 10.00 - 12.00hrs	Meet and Greet	Kings Chase Shopping Centre
Saturday 2nd July 2023 11.00 - 14.00hrs	Bike Marking	Warmley Tea Rooms
Tuesday 4th July 2023 14.00 - 15.00hrs	Meet and Greet	Kingsmeadow @ MadeForever Community Hub - Fisher Road
Saturday 26th August 2023 10.00 - 12.00hrs	Meet and Greet	Kings Chase Shopping Centre
Tuesday 29th August 2023 14.00 - 15.00hrs	Meet and Greet	Kingsmeadow @ MadeForever Community Hub - Fisher Road

We will be out and about in Kingswood, and if you would like to speak with us about an issue affecting you, we would love to see you. You will always be welcome at any of the above 'Community Engagement Events'.

Kind regards

Aaron Ashforth

PC 2011

Beat Officer

Kingswood

FREE



Nordic Walking South Glos

Starting March 2023 in Page Park

What is Nordic walking?

Nordic walking is like ordinary walking, but you use two poles to help you walk more confidently. It helps increase your fitness, energy and strength in an enjoyable way.

Our Groups are Friendly and Fun

PAGE PARK TIMETABLE 2023


Classes are on Mondays 10-11am

Course 1	27 March – 22 May (no class on 10 April)	Priority given to people who are visibly minority ethnic/on low incomes living in South Glos
Course 2	5 June – 24 July	
Course 3	4 Sept – 23 Oct	

Organised by:

Let's Walk Bristol

Let's Walk **BRISTOL**

 www.letswalkbristol.org

- All fitness levels welcome
- We provide the poles
- Taught by qualified instructors
- Explore local green spaces
- Nordic walking certificate when you complete the course

Contact Subitha for more information and to book

 07721 711687

 info@letswalkbristol.org

SCAN FOR MESSAGE



SUMMER HOLIDAY EVENT

26th, 27th 28th July 2023

JOIN US FOR 3 DAYS SUMMER HOLIDAY ACTIVITIES FOR FAMILIES. ENGAGE WITH YOUR COMMUNITY & MEET OTHER FAMILIES.

PROGRAMME OF ACTIVITIES

Wednesday, 26th July 11 am - 3pm

- Live Music
- Bouldering room/ Wall climbing
- Family Picnic (Bring your picnic mat) & board games
- Dodgeball & fun games
- Bug Hotel
- Arts & Crafts



Thursday, 27th July 11 am - 3pm

- Live Music
- Dodgeball & fun games
- Community Clean-up & Walk
- Garden Activities
- Bouldering room/ Wall climbing
- Arts & Crafts
- Scavenger Hunt

Friday, 28th July

Coach day trip to Weston-Super-Mare,
Pick-up at 9am/ drop-off approx 5pm

**(Please contact us for details and
to reserve a place,
£5 returnable deposit per family)**



Charity No.1148905



**- Family meal deal at
our friendly Cafe
- Bargain at our
Charity Shop**

Venue: Kingsmeadow @ MadeForever Community Hub, Fisher Road, Kingswood, Bristol, BS15 4RQ

For more information contact us on call: 0117 301 8739 - Email: info@kingsmeadowmade4ever.org.uk

Facebook: [kingsmeadowmade4ever](https://www.facebook.com/kingsmeadowmade4ever) - www.kingsmeadowmade4ever.org.uk

HOME ED ACTIVE

SPORTS SESSIONS FOR HOME SCHOOLED CHILDREN (8 YEARS +)

FROM JUST
£6
A SESSION!*



SCAN QR
CODE TO
BOOK NOW!



Home Ed Active

Tuesdays

Session A = 9:45 - 10:35

Session B = 10:45 - 11:35

Kingsmeadow @Madeforever, Fisher Road, Kingswood, Bristol.BS15 4RQ

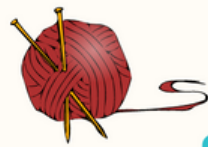
* A single session costs just £6 a session when booked as a block.

Scan QR code for more details or visit

<https://www.sportingchance-csp.co.uk/home-ed-active-2>



Forever wellbeing knitting group



EVERY WEDNESDAY

11am - 1pm

Whether you are an experienced knitter or someone taking up knitting for the first time and would love to encourage community spirit, this group has something for you.

Knitting improves physical & mental wellbeing, it is good for fingers and hands, helps with relaxation, focus and concentration.

This provides you with an opportunity to make new friends and share similar interests.

For further information please contact us on 0117 301 8739 or info@kingsmeadowmade4ever.org.uk

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COMMUNITY HUB, SHOP, GARDEN & CAFE
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www.kingsmeadowmade4ever.org.uk

NATURE WALK

Get some fresh air, explore the local green space area & meet new people. Everyone is welcome!

Interested? Just turn up

4th Wednesday of every month from 10.30am to 12pm

STAY ACTIVE & ENJOY NATURE

Enjoy our Forever Friends Cafe and Garden afterwards for a relaxing drink or food.

Free plants in pots available for walk members to take nature home



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For more information Call 0117 301 8739
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Facebook: [kingsmeadowmade4ever](https://www.facebook.com/kingsmeadowmade4ever)
website: www.kingsmeadowmade4ever.org.uk

Registered Charity No: 1148905

WEWORK for Everyone

Our dedicated Employment Navigators can support you to find a way into paid work.

They will help you to:

- find a career that is right for you
- access training, qualifications and work placements
- access supported internships (ages 18 to 25)
- create a CV and learn interview skills
- access computer equipment and IT support

Who can take part?

To be eligible you must:

- live in the West of England: Bristol, Bath and North East Somerset, South Gloucestershire, and North Somerset
- be over 16
- not be in employment
- have a learning difficulty or be autistic (a formal diagnosis is not essential)

Find out more

Email: weworkforeveryone@southglos.gov.uk

Call: **01454 863172**

In partnership with



Bath & North East
Somerset Council



BD14927



FREE MENTORING & ESOL CLASSES FOR EMPLOYMENT



WE CAN HELP WITH:

- JOB HUNTING
- FREE ESOL COURSES
- FREE EMPLOYABILITY COURSES
- 1-2-1 MENTORING SUPPORT
- CVS & COVER LETTERS
- JOB APPLICATIONS

**FOR
RESETTLED
COMMUNITIES IN
SOUTH
GLOUCESTERSHIRE**

**FOR MORE INFORMATION AND TO
SIGN UP PLEASE CONTACT:**

ICEP@southglos.gov.uk

01454 864613



»»» Kingswood Skills Hub

Opening for YOU



We are now open, and welcoming everybody to this multi-functional space based in the **Kings Chase Shopping Centre.**

The Skills Hub brings together a range of services to support the young people and adults living in South Glos:

- ◇ Free community learning courses
- ◇ One to one career advice and guidance
- ◇ Help getting into work and training

There are a computer area with Internet access, training & meeting rooms, copy centre, etc for you to use.

**Come along and meet
the CLaSS team!**

Operated by South Gloucestershire
Community Learning and Skills Service

Who are we?

We offer various community learning courses and skills projects including Future Bright, Works4Youth, and We Work for Everyone to South Gloucestershire residents. Our purpose is to overcome barriers, stretch minds and build resilience and skills for today and tomorrow. Through taking part and working with us, adults, young people and families can achieve their aspirations through improved work skills and personal development, stronger families and healthier creative lives.



Employability Skills Drop-in Sessions & Workshops for Students in Y10 & 11 and School Leavers.



Skills Hub Kingswood in Kings-Chase Shopping Centre. Every Wednesday from 10am-4pm

Starts 7th June to 6th September

Drop in sessions & workshops for young people/parents/carers in how to prepare for life after school. Support to create or develop your CV. Tailored job search support. Identifying & applying for Post 16 courses. Build confidence and motivation for yourself.

Refreshments Included!



To take part, simply come along!

Additionally, if you are post-16 and not in employment or full-time education you may also be eligible for our Works4Youth programme. For more information contact Works4Youth on 01454 865009 or works4youth@southglos.gov.uk



COUNCILLORS' SURGERY

**Meet your local Councillors for
New Cheltenham Ward**

If you need any information or help from your Local councillor, you are welcome to come along to one of our SURGERIES.

Time: 10.30 - 11.30am

**1st Saturday & 3rd Thursday
of the Month**

VENUE: Kingsmeadow @ MadeForever
Fisher Road, Kingswood
Bristol, BS15 4RQ
www.kingsmeadowmade4ever.org.uk



Sandie Davis & Matt Palmer

For more information call: 0117 301 87 39 or Email: info@kingsmeadowmade4ever.org.uk

Facebook: [kingsmeadowmade4ever](https://www.facebook.com/kingsmeadowmade4ever) Website: www.kingsmeadowmade4ever.org.uk

Cafe Now opens on Saturday

Forever Friends Cafe

Our cafe is a friendly, relaxing place where you feel at home.

Whether you are looking to catch up with friends & family, meet new people or have a calm moment over a cuppa, you are welcome!

Cafe provides buffet and catering services



Cafe Opening times:
Mon – Sat
10am to 4pm



Our Contact:
0117 3018739

Our Location:
Kingsmeadow @
MadeForever Community Hub
Fisher Road, Kingswood,
Bristol, BS15 4RQ

Facebook:
kingsmeadowmade4ever

Website:
www.kingsmeadowmade4ever.org.uk

Charity No.1148905



South Gloucestershire

Drop-in session times for Citizens Advice South Gloucestershire

If you have a problem you need help with, come to Citizens Advice South Gloucestershire.

We provide free, independent, impartial and confidential advice to anyone who needs it in South Gloucestershire.

We do this through drop-in sessions at our office in Yate and across the county as well as over the phone.

The cost-of-living crisis means our work is needed more than ever – so if you would like assistance, please don't hesitate to contact us.

Our face-to-face sessions are as follows (excluding Bank Holidays):

Yate Office, Kennedy Way, BS37 4DQ

Monday - 4pm to 6pm
Tuesday - 10am to 3pm
Friday - 10am to 1pm

Bradley Stoke, Jubilee Centre, BS32 8HL

Wednesday - 10am to 12 noon

Cadbury Heath, Juice Project, Newton Road, BS30 8EL

First and third Monday - 10am to 12 noon

Thornbury, Thornbury Town Hall, High Street, BS35 2AR

Tuesday - 10am to 12 noon

Emersons Green, Emersons Green Village Hall, Emerson Way, BS16 7AP

Thursday - 10am – 12 noon

Stoke Gifford, The Community Centre, Little Stoke, BS34 6HR

Second and fourth Monday - 12.30pm to 2.30pm

- You can also phone our free local advice line on 0808 2787947 available every weekday Monday-Fridays from 9am-5pm.
- More information about our services can be found at: www.southgloscab.org.uk



The Spring issue of the Community Learning and Skills Service (CLaSS) newsletter has been published! It can be accessed via this link: <http://bit.ly/3FDxTbt> , or the QR code below:



SCAN ME



alive

Lighting up later life

The Alive Activities South Gloucestershire Dementia Meeting Centre (SGDMC) supports carers and those living with dementia across South Gloucestershire. Since opening in September 2022, we have extended a warm welcome to members from a wide variety of backgrounds. Providing a place to receive much-needed support and advice, the SGDMC also offers members the opportunity to learn new skills and try out activities all under one roof.

Speaking with our regular members recently, one carer said, "I've not met anyone else in my particular situation anywhere else", caring for their wife who lives with dementia they told the SGDMC that they, "get information, feel welcome and receive support here".

Another carer appreciated the fact they can sit and eat lunch together as a group and that it was lovely to know people who understood dementia. Recently we have also set up our own WhatsApp group so SGDMC members can connect outside of the group sessions.

As part of the SGDMC's activities, members have gone on mini adventures, welcomed professionals and speakers to share information on dementia, enjoyed fun and useful exercises to reduce the risk of falls, and engaged in many arts and music activities including a fantastic street party for the coronation involving a great photography workshop. Offering a wide range of activities to members, the SGDMC helps support its members to the changes that dementia brings.

Offering free taster sessions for carers and people with dementia, we would love to welcome you for a visit. You are also invited to our Afternoon Tea Open Day on 12th July and 13th July from 1-3pm to hear from current members, try activities, and talk to us about how the SGDMC can support you.

Dementia diagnoses and symptoms can be challenging but the SGDMC shows that everyone can live well with dementia with the right support. Get in touch with us today!

Give us a call or email us.

Email: info@aliveactivities.org Telephone: 0117 377 4756



Saturday, 5th August

Time: 11am 1.30pm

Kingsmeadow @ MadeForever Hub Invites you

COMMUNITY TABLE TOP SALE

Grab a bargain variety of items available

**Public:
Free Entry**



**Book your table NOW to
secure a space**

Seller £8 per Table

Cafe open on site

VENUE:

kingsmeadow @ MadeForever COMMUNITY HUB,
CHARITY SHOP, GARDEN & CAFE
Fisher Road, Kingswood - Bristol BS15 4RQ

For more information contact us on call: 0117 301 8739

Email: info@kingsmeadowmade4ever.org.uk

Facebook: [kingsmeadowmade4ever](https://www.facebook.com/kingsmeadowmade4ever)

Website: www.kingsmeadowmade4ever.org.uk

COMMUNITY SERVICES

POLICE Emergency and high priority: www.avonandsomerset.police.uk/report/
Beat Surgery: Please come along. The team will be delighted to meet you at Kingsmeadow@MadeForever.

Kingsmeadow @ MadeForever Support: Call 07842 428043/ 0117 3018739 or
Email: info@kingsmeadowmade4ever.org.uk

DHI (Developing Health & Independence): www.webfam.co.uk

Meet the councillors': New Cheltenham Councillors, Sandie Davis and Matt Palmer will be at Kingsmeadow@MadeForever Cafe from 10.30 – 11.30am every first Saturday & third Thursday of the month for residents to raise any local issues with them.

Wecil: Call us: 0117 947 9911 - <https://wecil.co.uk/>

North Bristol advice centre: Call 0117 9515751 or www.northbristoladvice.org.uk

Community Learning: Contact Anthony Hill 01454 864613 or
Email: Anthony.hill@southglos.gov.uk

National Star College: Contact 01242 527631/ 07837 555329 or
Email: steps-enquiries@nationalstar.org

Citizen Advice Bureau: Contact us on 0808 278 7947 or visit
<https://www.southgloscab.org.uk/>

* If you would like to sign up to receive this quarterly Newsletter, please email us on info@kingsmeadowmade4ever.org.uk



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